IN THE SPECIFICATION

On page 3, please amend the "SUMMARY OF INVENTION" as follows:

--SUMMARY OF THE INVENTION

The invention relates to a process comprising reducing a component selected from the group consisting of tungsten <u>oxide</u> powders and molybdenum oxide powders, in the presence of alkali metal compounds, and preparing tungsten powder, molybdenum powder, mixtures thereof, or a carbide; wherein at least two alkali metal compounds are used in a ratio so that mixed alkali tungstate or molybdate formed in an intermediate step ((Li, Na, K)₂ WO_z, (Li, Na, K)₂MoO_z) has a melting point of less than about 550°C, wherein the value of z is from 3 to 4. The invention also relates to a tungsten metal powder, a molybdenum metal powder, a tungsten carbide powder made by such a process. In one embodiment, the invention relates to a tungsten carbide powder with an average particle size of >50 μm FSSS.--

On page 4, please amend the first full paragraph as follows:

(Amended) The invention relates to a process comprising reducing a component selected from the group consisting of tungsten <u>oxide</u> powders and molybdenum oxide powders, in the presence of alkali metal compounds, and preparing tungsten powder, molybdenum powder, mixtures thereof, or a carbide; wherein at least two alkali metal compounds are used in a ratio so that mixed alkali tungstate or molybdate formed in an intermediate step ((Li, Na, K)₂ WO_z, (Li, Na, K)₂MoO_z) has a melting point of less than about 550°C, wherein the value of z is from 3 to 4. The invention also relates to a tungsten metal powder, a molybdenum metal powder, a tungsten carbide powder made by such a process. In one embodiment, the invention relates to a tungsten carbide powder with an average particle size of >50 μm FSSS.

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